

# AUCKLAND REGION ORIENTEERING MAPS



# FIRST THINGS FIRST

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## ORIENTEERING ON THE WEB

NWOC	<a href="http://www.geocities.com/nwocnz">www.geocities.com/nwocnz</a>
AOC	<a href="http://www.orienteeringauckland.org.nz">http://www.orienteeringauckland.org.nz</a>
CMOC	<a href="http://www.cmoc.co.nz">www.cmoc.co.nz</a>
OY results	<a href="http://homepages.paradise.net.nz/pebble/orienteering/">http://homepages.paradise.net.nz/pebble/orienteering/</a>
Orienteering news	<a href="http://www.maptalk.co.nz">www.maptalk.co.nz</a>
NZOF homepage	<a href="http://www.nzorienteering.com">www.nzorienteering.com</a>
MTB-orienteering	<a href="http://www.mapsport.co.nz/mtbo/mtbo.html">www.mapsport.co.nz/mtbo/mtbo.html</a>
Rogaining	<a href="http://www.mapsport.co.nz/rog/rogaine.html">www.mapsport.co.nz/rog/rogaine.html</a>
Ski-orienteering	<a href="http://www.mapsport.co.nz/skio/skio.html">www.mapsport.co.nz/skio/skio.html</a>

The Auckland Orienteer is the magazine of the Auckland Orienteering Association and incorporates articles from the Auckland Orienteering Club Inc., the North West Orienteering Club Inc., and the Counties-Manukau Orienteering Club Inc. It is produced monthly and is available online from the NWOC homepage. Other orienteering related publications are welcome to draw material from the AO pages although credit is asked for both the author (when stated) and the AOA. Information for advertisers is available from the editor (details in Last Bits) Cover: Jill Dalton of North West club, recently placed 8th on W60A at the World masters Championships in Edmonton, Canada. Photo: aimsouth photography

## EDITORIAL

Hello

It probably goes without saying that I am reasonably proud of the overhaul I have done on this magazine but am aware there are still a few teething problems. Thankyou very much to those of you who have told me how much you are enjoying it. I also very much appreciate constructive criticism as it really helps me improve this production. Not usually one to complain, I would like to remind some of the orienteering fraternity that this is a completely voluntary position and I have no training or background in media or design at all. It is a constant learning curve. So before you blatantly point out mistakes with an air of superiority take time to think if your remarks are at all helpful and how you might feel if the roles were reversed.

Fantastic results last month by the NZ team in Japan. Probably the best NZ results at WOC ever. Well done. Congratulations also to the Auckland area competitors at the World Masters Champs, especially Jill Dalton of North West who placed 8th in W60A. Amazing achievement by a woman who consistently places highly in international competition. Find her story about wmoc on page 14.

This month has a must-read article by Neil Kerrison on compass tips, even the best of us need reminders of the basics. Also info on a fun weekend getaway for the Auckland Relays and season finale (see page 19). More too on the season debate - perhaps the most interesting letter yet (page 5).

Hope you enjoy your read. The mag is again available on the internet at [www.geocities.com/nwocnz](http://www.geocities.com/nwocnz)  
 Madeleine Collins

## EVENT CALENDAR

Please call club secretaries for final confirmation of these details:

A	Auckland. Craig Pearce 09 579 4340	NOS	National Orienteering Squad. Wayne & Trish Aspin 09 235 1074
CM	Counties-Manukau. Hilary Iles 09 235 2941	R	Rotorua. Roger Pooley 07 349 0309
E	Egmont. Judy Martin 06 758 7955	T	Taupo Terry Brighthouse 07 378 9851
H	Hamilton. Ingrid Perols 07 829 7170	Wh	Whangarei Maicolm Mack 09 437 5161
NW	North West. Gary Farquhar 09 476 8510		big_mack@ihug.co.nz

### September

Sun 4	CM	<b>OY 5</b> Harkers Reserve. Start times will be at 2 minute intervals between 10:00am and 12:30pm with course closure at 2:30pm. Event fees are: Seniors - members \$12, non members \$14; Juniors - members \$6, non members \$7; Family - members \$24; non members \$28. Sportident hire \$3 per e-card.
Sun 18	A	<b>OY 6</b> Woodhill Forest. Signposted from Restall Road/SH16 junction. Same costs and conditions as for OY5.
Sun 25	A	<b>Training</b> , Woodhill Forest. Signposted from Restall Road/SH16 junction. Fee is \$5 per person, bring your map from the OY. Gate will be open from 9:30 - 10:00am for entry and noon - 1pm for exit.

### October

Sun 9	CDOA	<b>CDOA Champs</b> , Rotorua. See entry form in this magazine.
Sun 16	NW	<b>OY 7</b> Weiti/Stillwater. Same costs and conditions as for OY5. Access from Stillwater reserve (as per Oceania events) allow about 20 mins drive from Oteha Valley Rd exit from Northern Motorway. Parking is on the public road and is fairly limited close to the event centre at the reserve. Runners will need to allow a good 15 minutes to walk to the start (on the flat, along the Okura walkway) and it WILL be muddy! Course setter/ controllers: Lisa Mead and Penny Brothers Terrain is pine forest with some patches of native bush. Tracks in the open tend to be muddy and slow, but spurs in forest offer good running.
Sat 22	CM	<b>Auckland Champs</b> , Sprint distance
Sun 23	CM	<b>Auckland Champs</b> , Long distance, Waiuku Forest
Mon 24	CM	<b>Auckland Champs</b> , Middle distance, Huriwai
Sat 29	R	12 hour rogaine

### November

Sat 5 - Sun 6	WOA	<b>Wellington Champs</b> (Please note change of date from previous magazines)
Sun 13	A	<b>Auckland Relays</b> , Tawhranui near Warkworth. See more information on page 19.
Sat 19 - Sun 20	SI	<b>South Island Champs</b> (Please note change of date from previous magazines)

**WMOC 2006** Austria, 1-8 August. Gary Farquhar, secretary of North West club, has brochures for this event. Please contact him if you are interested or go to the website [www.wmoc06.com](http://www.wmoc06.com)

## LETTERS TO THE EDITOR

Dear Editor

### Philosophy of Sport

It must indeed be rocket science that connects a philosophy of sport and the practicalities of administering the sport, judging by the correspondents [The Auckland Orienteer July 2005], who first, never mention the words "philosophy of sport" and secondly advise that either two seasons are needed or a history lesson is the answer.

A serious discussion of a philosophy cannot be easily dismissed by a patronizing history lesson, [Auckland Orienteer July 2005], delivered I might add with some misguided anger and by the president who should know, that the sort of behaviour exhibited in his writing, is totally unacceptable from the office of the president. The writer assumes he knows about why I feel duped; hence the history lesson, but unfortunately has it wrong. The results of so called democratic votes, and lets face it there are many variations of democracy, are not what I feel duped about. It is simply that a very poor question was asked which gave no room for any sort of logical answer that was going to fit any sound philosophy of sport. The results were not "wrong, stupid or irrational" [R. Crawford, The Auckland Orienteer July 2005], but I do think the question was. Perhaps a better question should have been, something like "Do you want the nationals at the start of the season in the middle of the season or at the end of the season". The results would have laid a foundation for then discussing the nature of that season. Hence as the president not so politely suggests, I am using some intelligent behaviour to try and convince the orienteering fraternity that this discussion is not about Easter or Labour nationals but about a fundamental philosophy of sport. This discussion is not about a successful Easter nationals, a perceived preference for this date or an "us verses them" mentality

demonstrated by the president's writings. But we are indeed humbled by his ability to string so many sentences together without addressing the issues I raise, but he has, as Wayne suggests, [The Auckland Orienteer August 2005], completely missed the point.

The analogy with politics is also misguided as we are able to review the political results every three years unlike it seems the results of a pseudo democratic process in orienteering. For the president to suggest, [Auckland Orienteer August 2005], that there is some correlation between numbers attending and timing of nationals is ludicrous and shows some statistical naivety. The variation in the numbers could be accounted for by chance factors alone. An alternative reason could be that we have lost some orienteers that did not compete at national level and gained some ones that do, i.e. steady overall numbers but an increase in numbers at nationals. And Wayne, [The Auckland Orienteer August 2005] offers another quite plausible way of interpreting the statistics. I note with a dry sense of humour that the lowest numbers attending a national occurred when they were in the South Island irrespective of timing but would not put money on a cause-effect relationship. So Rob, ease up on the history lessons and try to address the issue I raised.

Thank you Wayne for taking a credible look at the issue and producing a very good plan that warrants some serious discussion. [N.B. I am not necessarily advocating a Labour weekend nationals]. But unless we come up with a stated philosophy that acts as a solid base for planning the future direction of our sport then we will be stuck with this ridiculous position we are in, with a national event being held prior to local events, and firmly pinned to this position by pseudo process.

David Godfrey

# CLUB NEWS



## NORTH WEST NEWS

By Gay Ambler

Hi Team, How Are You???

Well Spring has sprung and what wonderful weather we have been having for the last week. Almost like living back in Aussie. Son, Peter and his wife Kristina have just visited and are now down in the South Island snowboarding.

Anyway, to Orienteering. We have had 5 OY's already and next month, October, we will be having the end of year Champs for all the different areas.

I hope you got to see the great coverage of Orienteering that TV3 did with Darren Ashmore and Tania Robinson on One Tree Hill. It was actually shown the day after they had flown out to compete at the World Cup in Japan. It was a great showcase for NZ Orienteering and I think Darren and Tania did a great job of supporting the sport. Apparently they were filming for over 3 hours, for the 3 or 4 minute show that we saw. It was also wonderful to get the great results of the Elite Squad, they were really humming and the local orienteers I spoke to about it were as impressed as I was. CONGRATULATIONS ELITES, YOU WERE WONDERFUL.

We were at Auckland Airport yesterday to take Pete and Kristina to catch their plane to Christchurch, and after seeing them off went over to the International Airport to see Terje and Mary Moen off on their Europe sojourn. They looked happy and relaxed and very surprised to see us as we didn't let them know we would go to say goodbye. At this time they will be seeing some of the sights of Bangkok and then back on the plane again tonight winging their way to 'Gay Paris'.

Oh well team, sorry that is all the 'MAIL' I have got for you at the moment, hope you are all well and not fighting this rotten flu like me. Never mind it will be all over soon.

### SOCIAL EVENTS :

Movie night at Avondale - October 15<sup>th</sup> - Movie not chosen yet, but can you let me know if you are interested

in going please. No one has said yes to attending yet, so hope it won't be just Rob and I sitting there by ourselves. Cost will be \$22.00 each which includes your meal, ice-cream at Intermission and coffee or tea with cake at the end of the movie.

### GAY'S PHOTO ARCHIVES :

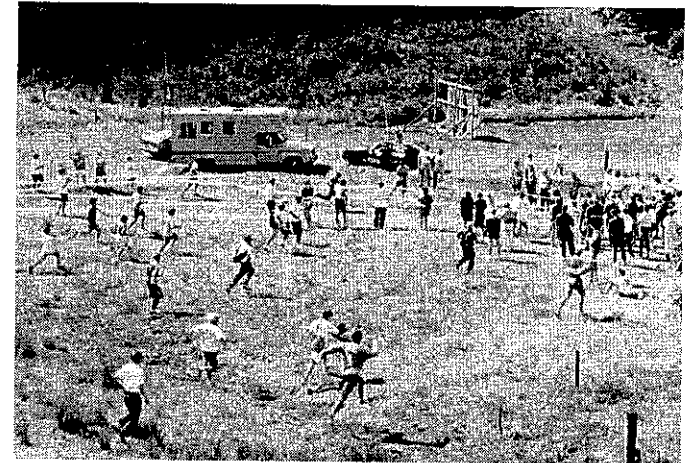
World Cup Event, March 1994 - Map: Ngapuketuruu, Woodhill Forest

Gosh this event was so exciting, the whole Orienteering community up and down the country seemed to be energised. I remember parking near the event and walking to the top of the hill above the finish chute to wait for the finishers. You could see down into the valley and see the runners coming. We heard on the loudspeaker that Alistair Landels was coming in well, then all of a sudden there he was running up the hill, and the noise from the crowd was amazing. The first photo shows Alistair running towards the last control which was through the gate and down over the hill to the right. In this photo you can see some of the crowd starting to run, to follow him down the chute. The next photo shows them scattered through the field and Alastair running down the chute. If I remember rightly pretty much everyone who was standing on the hill, and there were more than I captured in the first photo, ran down to the finish. The ones in the second photo were the really fast ones, there was a whole lot more coming down in a wave, but I could not get them all in the photo. The third photo shows Bronwyn Allen, Darren Ashmore and Dave Melrose listening intently to Alistair's story of the race that he was giving to Ralph King, and the 4<sup>th</sup> photo shows the two World Cup Winners. Just look at Alistair's Orienteering suit. It was ripped in all sorts of places. Have to hang my head in shame at the name of the lovely young lady who won the Women's event. I think she was from Sweden. Maybe I should ring Dave Middleton - he always remembers lovely young lady's names. Hee Hee!!

Anyway that's all from me.

See you in the forest, or on farm land soon.

Newshound Mark !!





# AUCKLAND CHATTER

By Craig Pearce

Last month I said it had been a bit quiet in the orienteering world - that has all changed. We have the results of the international events that have recently taken place. The world masters held in Canada had a couple of local competitors. The final results for all new Zealanders were:

M55B 1st	Alistair Stewart	
Auckland		
W55A 23rd	Joanna Stewart	
Auckland		
W60A 8th	Jill Dalton	North
West		
W65A 10th	Ann Scott	
Southland		

Needless to say Alistair did quite well.

At the world championships held in Japan, no Auckland club members competed. Former members Darren Ashmore and Rebecca Smith took part in the event. Darren was featured on the front page of last month's magazine finishing in the sprint final. He came in at 34<sup>th</sup> place with the only other Kiwi, Chris Forne (PAPO) finishing a little further up the field at 27<sup>th</sup>. In the Womens' sprint, Rachael came in at 36<sup>th</sup> place, with the other kiwi, Tania Robinson finishing a little further up the field at 24<sup>th</sup>. The rest of the results follow.:

WOC2005 Long Distance Final Men Results  
28<sup>th</sup> Chris Forne

WOC2005 Long Distance Final Women Results  
21<sup>st</sup> Rachael Smith  
37<sup>th</sup> Rebecca Smith

WOC2005 Middle Distance Final Men Results  
31<sup>st</sup> Karl Dravitski  
34<sup>th</sup> Darren Ashmore

WOC2005 Middle Distance Final Women Results  
16<sup>th</sup> Tania Robinson

Men-B middle distance  
14<sup>th</sup> Chris Forne  
18<sup>th</sup> Brent Edwards  
19<sup>th</sup> Neil Kerrison  
30<sup>th</sup> Jamie Stewart

Women-B middle  
2<sup>nd</sup> Claire Paterson  
3<sup>rd</sup> Rebecca Smith

Men-B long  
9<sup>th</sup> Neil Kerrison  
11<sup>th</sup> Jamie Stewart  
17<sup>th</sup> Brent Edwards

Women-B long  
3<sup>rd</sup> Penny Kane

You might wonder why I have given all the results above?

These are great results and each and every member of the team should be congratulated.

This is the best performance of any New Zealand team yet. I was talking to Darren about why he thought this was the case .....The super series.

The super series that has run for the last couple of years has meant more quality competition for our elites. The series of test matches / challenges with Australia have also helped. It means for a lot of elites they get to run on all types of terrain that is on offer rather than just that at their local forest.

The training camp held in Japan several months ago was also a factor, Rob Jessop attended this camp. He came back with a new appreciation of what was required to orienteer in Japan.

In Rob's case there were lots of other distractions in the fauna and flora. The photo below shows a lush type of plant not seen in this country. Japan is also a home of bamboos, so I imagine there were a few thickets on the maps.

The world championships have a system where by national teams have a maximum size. The New Zealand team was made up of 6 men and 5 women. The maximum being 7 each.

The New Zealand team was able to secure 10 out of a possible 20 qualifications. In other words, good enough to get into the "A" finals.



Photo: WOC2005 Organisers Darren Ashmore - Sprint final World Orienteering championships 2005

The club is organising a training weekend for the weekend of 10 - 11th September. This has been timed with the Australian orienteering championships and the Auckland orienteering championships in mind. Darren and Rebecca will be our instructors, world class instructors.

I have asked you the members in the past about our logo. We received about 8 different logo suggestions in graphic form and a number of written submissions

on the subject. The committee has considered the submissions and the decision has been made to rework the current logo incorporating your suggestions. I thank all the members who took the time to respond to this question.

To all our junior members out there who may be going to compete for New Zealand soon, we have a junior

training fund. If you would like to know more please contact me. The OY series is continuing with our club hosting our next one on September 18<sup>th</sup>.

Everyone keep up your training and I will see you in a forest some time soon.

## CMOC COUNTIES CHIT CHAT

By Martin Peat

A very quiet month... but congratulations are yet to be handed out to our two C-MOC stars:

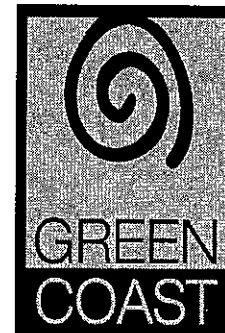
Brent Edwards and Tania Robinson are home from Japan and the World Champs after a very hot campaign. Brent placed 24<sup>th</sup> in the Long distance qualification. It is well worth taking a look at the course map on the internet - combined with a hot humid day that course looks like a mission!

Tania showed why she remains the top ranked kiwi women, and 63<sup>rd</sup> internationally, with a career best placing of 16<sup>th</sup> in the Middle distance event, cracking the elusive top 20 in the process. Congratulations Tania, that's awesome!

Hopefully everyone enjoyed the last Counties OY for the year out at Harker's Reserve. Keep a look out for the results of New Zealander's heading over to Australia at the end of September, and especially the Secondary Schools team. Last but not least bring on the Auckland Champs, the last big event in Auckland this year! The botanical gardens will be looking spectacular just before the Ellerslie Flower Show takes over.



Tania Robinson of Counties Manukau finishes the Middle Distance Final at the World Championships in Japan



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# REGULAR COLUMNS

## SMALL TALK

By Thomas Reynolds

Firstly a big congratulations to the WOC team, some awesome runs in the premier arena of our sport, some excellent results that we can all aspire to. Well done too to Val and Robbie who also got some great results in the WOC spectator events.

The big news this month as far as juniors are concerned was the naming of the NZ secondary schools team to head over to Tasmania in late September. Auckland has a good representation once again, with 4 runners from the AOA clubs being in the team. Selections seemed impossibly difficult after secondary schools. I know that I would not want to be the one deciding who to take when you have five really close competitors and one has to be left behind. Auckland could quite easily have had four more runners had selections been different. However missing a selection is often a good motivation to train harder for next time.

When looking at the OY results I have noticed some

tight competition in the junior grades. The M10 -18 grades have some good numbers in them and suitably close racing. Having an event where there are seconds between first and second is so good for competition. The W grades, despite not having such numbers, are also very competitive with a high standard of orienteering. Use the OY as a tune up and test before area champs later in the year, make sure that you are orienteering well so that we can dominate!

One thing that has been quite contentious lately is the timing of nationals. I think that as juniors we too have a voice and should play a part in the decision making process. I for one think that Easter is the best time of year as it is well away from exams, be they school or university. Nearly all of the discussion I have seen or heard, either in print, verbally or on maptalk has been dominated by people running in the 21 grades and above. We are the future of orienteering in New Zealand. I think that we should have a say in decisions that will affect us. Think about it, get your opinion out there. Keep on running...

### Interview with an elite.... Rob Jessop

Club.... Auckland Orienteers

Superseries Team.... Macnut Northerners

Favourite orienteering discipline.... Long, or mass start loop races

Favourite map.... Cascades, Queensland

Years orienteering.... 24 years

Best orienteering achievement.... 28<sup>th</sup> Short distance final WOC 1993, USA

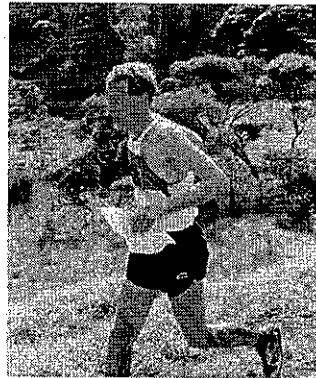
Orienteering aspirations.... WOC Denmark 2006

Memories from junior orienteering.... Being terrified when Ross Brighthouse followed me out training around a course when I had just started orienteering

Best orienteering advice.... Focus on contours, less on the compass

First represented NZ.... 1984, junior m15-16 team

Dumbest thing you've ever done in orienteering.... Racing the ANZ challenge long distance on 3 hours sleep in the previous 72 hours!



## FROM THE ARCHIVES

By John Powell

Archives September 1995

Central club used the Lake Kereta map for OY6 with Richard Bolt setting and Darren Ashmore/Mervyn Paitry controlling. OY7 was a CMOC event on the Whiriwhiri-Maiono map. Central also held a park/streets event on a new Lloyd Elsmore map.

After five of the Northern Regional League competition events, the points were Central 15, Pinelands/Taupo 9, Counties-Manukau 8, Rotorua 6, NorthWest 5, Egmont 3 and Hamilton 1.

Some tips for orienteering in Australia:

(a) When disoriented and unsure of which way to go, if you see a number of kangaroos bounding across the hillside go in the direction they came from as there are

likely to be orienteers there.

(b) Generally, snakes hear you coming and slide away, hence, keep running when in the bush. They sunbathe on rocky, sunny ground so take extra care going into an isolated patch of sunny rock.

(c) Watch where you put your feet after lunch as big ants can give you a nasty bite.

Australia retained the individual challenge trophy at Orroral Crossing winning eight of the thirteen age classes. This was the best performance in Australia for a considerable number of years by the NZ team. The relay was also won by Australia 14-5.

In 1985, fees for OYs were \$9 for a family, which is \$18.97 in today's money, senior \$3.50 (\$7.38) and junior \$2 (\$4.22). Compared with fees for the current OYs the family fees have risen 27%, senior 63% and junior 42%.

## COOK-O

### Nothing fruit cake

Good for people with allergies - has no wheat (in the original) eggs, milk or butter - vegetarians or vegans and hungry orienteers watching their food intake. Cover and cool in tin and brush with jam if required.

I first made this using only ordinary white flour. I now have rice flour which is good to use but it seems that soya flour is awkward to obtain due to concerns about genetically engineered products not being imported into NZ. I tried 3 quality places and can't buy it so will continue to use ordinary flour. Perhaps try or give them a ring and see if they can help. The cake tasted fine especially with Grandma's blackberry jam on top!!

- 1 cup sultanas
- ¾ cup chopped raisins
- 2 cups water
- 1½ cups of cold mashed pumpkin
- 1 tblspn grated lemon rind
- ¼ cup oil
- 1½ cups soy flour (I have made it substituting white/brown flour)
- 1½ cups rice flour
- 3 tspn baking powder
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- ½ tspn ground cloves
- 2 tblspn of sugarless (!!!) jam - for garnish if required or suitable



Line a 20cm round cake tin with double sheets of non-stick baking paper. Combine the fruits and water in a saucepan, bring to the boil, remove from heat and stir in pumpkin, rind and oil. Cool to room temperature. Stir in sifted dry ingredients into the fruit mixture. Spread into the prepared tin and bake at 160°C for one and half hours.



## KNOW-HOW WITH NEIL

### The Compass

I know that the compass is often a dirty word amongst orienteering coaches because we are supposed to be teaching you to read the map and not rely on the compass. Whilst I agree that the MAP is 50 times more useful than the compass, good compass use is a fundamental skill. When done well it will make the "real" parts of navigating easier and more fun (because you're more likely to win).

When practised correctly, the use of a compass can be a fail safe back up. To put it simply, the compass will always point you in the direction you want to go.

The catch is: first you have to know where you are, and also in what direction you want to go. Once you know this, how can you ever get really lost again? If you go in the right direction (or at least know which direction you've gone in), you simply can't get lost. You simply can't get very lost, if you've used your compass.

So when do you use it?

Using the compass can be done at any speed and takes about 3 seconds (if you can't do this then you need to practise until it becomes second nature...like kicking a football) you should be using the compass all the time. Especially when:

- Leaving a control. Every single control...except taped routes.
- From your attack point to your control.
- When you start running down a linear feature...in case you have got the wrong one (eg the wrong Woodhill track...admit it, you've done it)
- When you are lost or starting to get a little unsure of yourself. The first thing you should do when relocating is to check your compass...and believe in it.

Often people talk about using their compass only a couple of times during the race. I don't think this is a good idea, you should be orientating your map constantly, sure you can use the terrain to do it, but it takes longer and more brain power...you're in a race...you are running all of the brain power out of your body...the habit of a good compass takes no brain power...its like smoking another cigarette right.

However there are a couple of times during a race when a compass will be your primary means of navigation. That's when you need to be able to trust the compass skills that you've been practising. These situations are:

Across feature-less terrain - Put the compass down, run and look around. The better you are with your compass, the more you can rely on hitting smaller catching features and the more you can use this fast technique. Don't forget to look around though...you're not just running, you're running in a direction with the plan of finding something on the ground on your map.

Across feature-full terrain - Same technique as above...if you have a solid catching feature...why bother reading all the detail...this is a race not an ecological tour.

In low visibility terrain - When you have low visibility no matter how short or long it is, it is vital to go directly to your target as it is easy to miss seeing your catching feature. It is also hard in low visibility terrain to use the things around you to navigate by (because you simply can't see anything) and easy to get drawn off route by the obstacles in front of you.

So what is good Compass technique? The key is to be fast but precisely accurate.

Line up the edge of your compass with where you are and where you want to go on the map. (Be accurate). The line this edge creates should be directly in front of your body so you can look down the line and into the distance simply by raising your head naturally. To help get the compass lined up in front of you, use two hands (its hard to twist your body and run when you are holding both hands in front of you).

Hold the compass flat. Wait for the needle to settle. If you have trouble settling the needle at full pace, start slowly until you work up to full running speed with practise. Also when you are running along looking at the terrain, you can also be holding the compass flat. Then when you do look down at the compass, it will already be settled and ready for use.

Align the North lines on the map with the compass needle. You do this by turning your whole body (still gripping the compass and map in two hands). Now when you look up that's where you want to go.

But don't just run off! Look as far ahead as you can (even past the control if you can) and sight something in the distance, which is in the direction of where you are going. Now you can run towards this object with confidence. Unless it is a car or animal, in which case it may move. Some of us also like to point. Yes physically point, because it helps to force the direction into your subconscious mind.

If you have any more questions about the compass, please do ask as it is one of the easiest things for a coach to teach because it's a physical skill rather than a mental skill like reading contours.

Good skill. Neil



## FEATURES

### A STORY FROM BUNNY RATHBONE

The Inaugural NT Championships Carnival, 8-17 July 2005

What a privilege to meet Top End Orienteer Susi Bertel at the first event of these Championships on the Top End's East Point map to try out a "Scatter O". Such a dynamic and dedicated organiser who had a broad smile of welcome for all of the 120 competitors who had gathered together for this first event of the Carnival in the Northern Territory. If it hadn't have been for Susi's determination in persuading her Club Members that it was time for the Territory to come of age in the Orienteering world we (the competitors), would not have been able to experience the unique landscape of this fascinating land.

East Point Reserve is a recreation reserve close to Darwin city which has sweeping coastal views over Darwin Harbour and the Arafura Sea. The reserve contains a variety of habitats ranging from tidal mangrove flats to monsoonal forest and vine thickets, fast open running, mostly flat and is home to a wide range of Top End wildlife such as scrub fowl, wallabies and crocodiles - the later frequent the beach so swimming is out! Luckily the Point had shade trees growing along the cliff edge where we could park our cars and sit on the grass, well away from the crocodiles! A welcome sea breeze greeted us when we arrived ready to start at 4.30 pm.

**The Scatter O** is an event to have when you want a change from a score event. All the competitors start at the same time or if the numbers are large then 5 or 10 minutes can separate each group. The maps have got all the controls printed on them and it's your choice to nominate which course length you wish to do, usually a choice between short, medium and long. The Planner decides how many controls each course will visit At East Point the Short course competitors had 8 controls to find, the Medium 12 and the Long 18. Altogether there were 21 controls out on the course. Each competitor had the freedom to visit any of the controls on the course as long as the designated number were found and punched in the correct box. The challenge is to plan a course for yourself which will be a winner! I wanted to see more of the map so I went to some extra controls. It was still very hot and running made you even hotter. Darwin was mostly 31 or 32 degrees Celsius and it didn't cool down at night very much. The organisers had put lots of water out on the course which was most appreciated. With this type of course most runners are back about the same time so that control picking up can start fairly quickly. One runner caused a bit of consternation as it was getting dark by 6.30 and she still hadn't returned. However when she eventually came back it was found that she had misunderstood the instructions and thought she had to visit all the controls which she had! Three more than the long course had had to find!

We finished the event with a very pleasant BBQ at the

venue when we could catch up with other NZers and Australians.

**Bush Tucker Dinner:** The next day we were off to the Bush Tucker dinner at Lok Cabay on the edge of the NT Championship map. This was situated one and a half hours drive south of Darwin on the edge of Litchfield National Park. Lok Cabay means the place of the sugar plum. We didn't eat any of the plums but had local kangaroo, goose, turkey and fish, - the barramundi, cooked in a traditional underground oven, much like a hangi. Damper was also made from flour and water and cooked in the ashes of the fire with coals heaped on top. This was all eagerly waited for and augmented with pasta and salad dishes. The tropical fruits of papaya and pineapple finished off a great outdoor meal thanks to the efforts of the local traditional land owners and the Top End Orienteers.

**NT Champs:** Here we were at Lok Cabay, part of the land belonging to the Finniss River Land Trust which had been handed back to the Kunguracun and Warri people in 1993. It covers around 80 square kilometres and includes the site of Australia's first uranium mine, Rum Jungle. As well there are many old exploratory diggings in the area, courtesy of gold prospectors.

Since 1993 the land has been looked after by land custodian Mr Speedy McGinness. He conducts an annual burn-off, a traditional land management practice to renew the earth, and keeps feral pigs, stray cattle and buffalo out of the sensitive rainforest areas. He welcomed the opportunity to share the land and his knowledge with those who respect it

An outstanding geological feature of Lok Cabay is the stromatolites, some of which are featured on the map area. These magnificent rocky structures are 4 billion years old and up to 10 metres high. The largest one, called Mushroom Rock, shows evidence of once being a tribal living area with animal bones and spearheads being made. Speedy enjoys playing host to a number of educational field trips from various institutions investigating these unique rocks. These rocks show evidence of the small one celled animals that first crawled out of the sea to start life on earth.

As well as the natural environment there is evidence of the World War II army camps with pathways, concrete and bitumen paved terraces, discarded 44 gallon fuel drums and bottle dumps. Historically it is on the line of defence the Australian Forces withdrew to after the bombing of Darwin in 1942.

The complete map had recently been seasonally burnt off so visibility was excellent throughout. The southern area was gentle to moderately steep spur gully with scattered rocky areas underfoot. The centre north section of savannah woodland and black soil plain had three separate areas of complex stromatolite formations. Running conditions in that area were smooth and fast

with no rocks underfoot. The NW corner of the map was again spur gully with scattered granite and flat rock features.

Numerous termite mounds were spread throughout the area but only the cathedral type were mapped, and only those over 2 metres. The numerous ruins mapped in the southern area were concrete slabs. The green areas generally contained extensive pandanus, which leave their thorns in any arms or legs that pass by and so should be avoided.

The event started early in the morning, I had an 8.40 start time, but even by that time the sun was pushing

searing heat out of a cloudless sky. With only 120 starters however we were soon all out in the bush enjoying the map that was made by Kevin Vigar from South Australia and the courses planned by NT stalwart orienteer Jon Potter, and controlled by the experienced South Australian husband and wife team of John and Jeffa Lyon. My course took me to all the interesting parts of the map -- the gully spur which was rocky underfoot, the savannah woodland, a bit of wet area, the termite mounds and the stromatolites. What more could one ask for! Later we were able to stroll back into the stromatolite area to have a closer look at them and take some photographs. A truly memorable event.

## WMOC CANADA 2005

By Jill Dalton

How to travel 5,500 kms in 2 1/2 weeks. That's what happened in Canada! Luckily fantastic scenery, good roads, air conditioning, two drivers (Ann Scott/Jill Dalton) and coffee stops made it tolerable. The biggest road hazard in Canada is people screaming to a halt to photograph the various wildlife that unconcernedly graze by the roadsides. We saw everything from a black bear to deer, elk, alpine goats and sheep.

The first lot of events were the Canadian Champs, Williams Lake, British Columbia. We stayed on a Ranch 20 mins out of town and were treated to the evening ritual of the horses being set free from their trekking duties for the day and galloping off into the forest like excited kids being let out of school.

Great maps and good courses, livened up by the drive in to Knife Creek after heavy rain with cars sliding all over the forest roads. I managed a 3rd overall.

Long drive through to British Columbia over the Rockies, discovering an excellent coffee shop in Jasper on the way, to arrive in Red Deer for the Barebones 3 day. The interesting feature of this event were the three vastly different locations, from the big erosion cliffs of McKenzie Crossing, to the little complex marshes of SL Ranch, to the beaver dams and forest of Beaver Lake. By this time the competition hotted up with the arrival of lots more competitors. Ann and I both managed 5th overall in our grades (W60 and W65).

Orienteering was interspersed with visits to the Royal Tyrrell Dinosaur Museum - a not to be missed experience - and a bit of Walmart grazing. We escaped for 3 days to the Rockies and stayed in Jasper amongst the hoards of tourists, but managed to do some local hiking trails and walk on the Athabasca Glacier.

Then it was on to the big one - WMOC in Edmonton. Total entries were close to 1,000 and the usual influx of Europeans generally dominated the fields. Qualifier 1 was held at Winfield in the Medicine Lake Grazing Reserve which included forest, marshes, pasture, streams and beaver dams (which equals tangled sticks, fallen logs and sharp stumps hidden in the grass). However good runs for both Ann (3rd) and I (5th) saw us pretty happy. By this time Alistair and Joanna Stewart had arrived and, although Alistair prefers not to mention his run, Joanna had a good result in W55 - 20th. We also caught up with John and Viv Rix who we had not seen since they shifted back to the UK.

Qualifier 2 was held to the north of Edmonton at Tiger Lily near Fort Assiniboine. We opted not to go to the model event (1 hr 30 mins drive one way) and instead sampled the delights of the West Edmonton Mall. The event was held on terrain consisting of ancient sand dunes, pine and deciduous vegetation, shallow marshes and deep ravines. Add to this beaver dams and fences and you have an interesting map. (Ann 4th, Jill 9th and Joanna 19th - Alistair still not talking about his run).

The final was held at Horse Creek Ranch which was pine covered sand hills with marshes (thickly wooded), horse trails, aspen and alder undergrowth. It was really interesting trying to figure out if the marshes would be wet and if so, how wet as there had been several years of near drought conditions. The mosquitos at the start were horrendous, the air resounded with the sound of people hitting themselves with bits of vegetation.

Final results were Ann 10th W65A, Jill 8th W60A, Joanna 23rd W55A, and Alistair redeemed himself by winning the M55B.